

SHAMEKA RODGERS PHILLIPS, MSN, FNP-C

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PROFILE

My goal is to deliver compassionate, comprehensive care that promotes and maintains the health of my patients and their community. I also strive to obtain a Ph.D. in Nursing and focus on decreasing health disparities in rural and underprivileged areas. Also, I want to help facilitate the preparation of other professionals to serve these areas through education and resources. I plan to begin developing the knowledge and experiences to achieve these goals through my current research focus in pediatric sleep health disparities.

EDUCATION

The University of Alabama at Birmingham (UAB)

Begin Date: Aug. 2018

PhD in Nursing

- ❖ UAB Graduate School Blazer Fellow
- ❖ UAB Nutrition and Obesity Research Center Pre-Doctoral Fellow

The University of Alabama at Birmingham

Aug. 2016

Master of Science in Nursing

Family Primary Care

- ❖ Graduate Nursing Education Primary Care Scholar (Rural Health)

The University of Alabama at Birmingham

Aug. 2014

Bachelor of Science in Nursing

- ❖ University Honors in Experiential Learning
- ❖ UAB Nursing School Honors Program

PROFESSIONAL EXPERIENCE

UAB Nutrition and Obesity Research Center (NORC)

Aug. 2019- present

Birmingham, AL

Graduate Trainee: UAB NORC Pre-doctoral Training Program

UAB/NHLBI/NIH : T32HL105349

Mentors: Olivia Affuso, PhD; Marti Rice, PhD, RN, FAAN;

Paula Chandler-Laney, PhD; Peng Li, PhD

Student Manuscript Reviewer

July 2019- present

Birmingham, AL

Journal of Obesity, Journal of Nursing Research

- ❖ Reviewed manuscripts with mentors for journal publication

UAB Center for Clinical and Translational Sciences

Jan. 2019- July 2019

Birmingham, AL

Clinical and Translational Sciences Program

- ❖ Represented my department in a competitive campus wide program
- ❖ Participated in a six-month program that provided clinical and translational research training
- ❖ Observed Institutional Review Board meeting
- ❖ Received training on scientific dissemination

**UAB Department of Nutrition Sciences
Birmingham, AL**

Aug. 2018- Dec. 2019

Research Assistant: HAPi Study

- ❖ Registered nurse for the study who is responsible for serum sample collection and examination of any possible adverse reactions
- ❖ Administer questionnaires to obtain qualitative data.
- ❖ Operate indirect calorimetry machines to obtain resting metabolic rate as quantitative measurements
- ❖ Operate DXA machine to obtain radiographic images of participants
- ❖ Attend research team meetings with a multidisciplinary team

**Rural Health Group- Enfield
Enfield, North Carolina**

Apr. 2017 –Mar 2018

Family Nurse Practitioner

Midlevels for the Medically Underserved

- ❖ Local primary care provider for a small rural town in a Federally Qualified Healthcare Center (FQHC)
- ❖ Perform physical exams, diagnose, treat, and manage acute and chronic diseases within my scope of practice.
- ❖ Collaborate with other team members to ensure quality care for patients and their family
- ❖ Develop interventions to aid in increased health literacy and education especially catering to the patients' population, including new patient information board and information station

**UAB Hospital Women and Infants' Center
Birmingham, AL**

Aug. 2014-Apr.2017
Apr. 2018 –Aug. 2018

Gynecology/Oncology – Women's Medical/Surgical

Registered Nurse – Chemotherapy Certified, PRN Charge Nurse

- ❖ Observe patients to determine changes (deterioration or betterment) in condition and ensure that they are reported and recorded immediately
- ❖ Develop plans of care to effectively and efficiently lead patients toward a successful recovery or health care goal
- ❖ Develop rapport with patients and their families and provider their psychosocial needs
- ❖ Preceptor for new nurses, senior BSN students, and current RN program students

LICENSES/CERTIFICATIONS

Family Nurse Practitioner – American Academy of Nurse Practitioners
Certification #F1116681

Registered Nurse – Alabama
License #1-147474

Rigor, Reproducibility, and Transparency(R2T)

UAB Center for Clinical and Translational Science, Clinical and Translational Science Program

PUBLICATIONS

Johnson, A.H., **Phillips, S.R.**, & Rice, M. (2020) Abnormal Weight Gain with Fatigue and Stress in Early Survivorship after Childhood Brain Tumor Diagnosis. *Journal for Specialists in Pediatric Nursing*

Phillips, S.R., Johnson, A.H., Shirey, M., & Rice, M. (2020) Sleep Quality in School-Aged Children: A Concept Analysis. *Journal of Pediatric Nursing* (Accepted for Publication)

RESEARCH EXPERIENCE**Untitled Manuscript – Effect Sizes**

2019- present

Authors: Sara Davis, PhD; Thuy Lynch, PhD; Ann Johnson, PhD; Laura Gray, PhD, Shameka Rodgers, MSN, FNP-C; Heather Soistmann, PhD; Erica Pryor, PhD; Andres Azuero, PhD; Marti Rice, PhD, RN, FAAN.

- ❖ Manuscript Assistance- Assist with writing manuscript

UAB Department of Nutrition Sciences

2018- present

HAPi Study: Health After Pregnancy (Intergenerational Transmission of Obesity in a Cohort of Mother –Child Dyads)

Principal Investigator: Dr. Paula Chandler-Laney

- ❖ Research Assistant- Studying the metabolic fitness of mother and child dyads as well as other biomarkers that can help determine if metabolic composition is passed in-utero.

UAB School of Nursing**Pilot Study**

2018- present

Principal Investigator: Dr. Marti Rice

- ❖ Research Assistant – Involved in the planning and the implementation of a project studying the effect size of pre-school teacher’s demographics, anthropometrics, and other behavioral and environmental factors on student blood pressure.

“Influences on Child BMI in 3-5 Year-Old Children”

2018- present

Authors: Marti Rice, PhD, RN, FAAN, Shameka R. Phillips, MSN, FNP-C, Cynthia Irwin Joiner, PHD, RN; Olivia Affuso, PhD; Andres Azuero, PhD; Deborah Ejem, PhD; Fadi Hage, MD; and Anne Turner-Henson, PhD, RN, FAAN

- ❖ Manuscript Assistance- Assist with writing manuscript by doing literature reviews and evaluating data.

UAB Nursing Honors

2013

“Telemedicine to Improve Depression and Adherence in HIV + Women in the Rural South”

Mentor: Dr. Mirjam-Colette Kempf, PhD, MPH

- ❖ Manuscript Assistance- Assist with writing manuscript by doing literature reviews and evaluating data.

- Ronald E. McNair Scholars Program** 2012
“The Consequence of Being a Teen Mom: The Experience of Stress during Adolescent Pregnancy”
 Mentor: Dr. Mirjam-Colette Kempf, PhD, MPH
 ❖ Manuscript Assistance- Assist with writing manuscript by doing literature reviews and evaluating data.

ABSTRACTS

- Southeastern Nursing Research Society Annual Conference** 2020
 “Associations among Sleep Quality, Adiposity, and Blood Pressure in non- Hispanic Black Children Aged 4-10 Years”
- UAB Minority Health Research Center’s Health Disparities Symposium** 2019
 “Associations among Sleep Quality, Adiposity, and Blood Pressure in non- Hispanic Black Children Aged 4-10 Years”
- Sigma Theta Tau International Nursing Honors Society’s Founders’ Day** 2013
 “Telemedicine to Improve Depression and Adherence in HIV + Women in the Rural South”
- UAB Graduate Expo** 2012
 “The Consequence of Being a Teen Mom: The Experience of Stress during Adolescent Pregnancy”

PRESENTATIONS

- 2020 Southeastern Nursing Research Society Annual Conference – Poster Discussion** 2020
 “Associations among Sleep Quality, Adiposity, and Blood Pressure in non- Hispanic Black Children Aged 4-10 Years”
- UAB Graduate School- Three Minute Thesis** 2019
 “Harry Potter and the Child with Poor Sleep Quality” (Finalist)
- UAB School of Nursing PhD Intensive** 2019
 “Associations among Sleep Quality, Adiposity, and Blood Pressure in non- Hispanic Black Children Aged 4-10 Years”
- UAB Minority Health Research Center’s Health Disparities Symposium** 2019
 “Associations among Sleep Quality, Adiposity, and Blood Pressure in non- Hispanic Black Children Aged 4-10 Years”
- UAB McNair Scholars** 2019
 “Improving You This Year – Your Roadmap to a Successful Year” (My McNair, Grad School, and PhD Experience)
- UAB Graduate School- Say it in 6** 2019
 “Pounds into Purpose, Tests into Testimony”

UAB Graduate Nursing Education Primary Care Scholars Webinar “Taking Your Leadership to the Next Level”	2018
Georgiana High School Future Business Leaders of America Presentation “College, Health Careers, and UAB”	2016
UAB School of Nursing Family Nurse Practitioner Program Scholarly Project “Dunking on Diabetes: Increasing Health Literacy in Underprivileged Populations”	2016
39th Annual National Rural Health Association Conference “Nurse Practitioners: Leading the Way in Primary Care”	2016
Sigma Theta Tau International Nursing Honors Society’s Founders’ Day “Telemedicine to Improve Depression and Adherence in HIV + Women in the Rural South”	2013
UAB Graduate Expo “The Consequence of Being a Teen Mom: The Experience of Stress during Adolescent Pregnancy”	2012

SEMINARS

Blazer Fellow: School of Nursing PhD Fellows Monthly Seminar	2018-present
Nutrition Obesity Research Center Weekly Seminars	2018-present

COMMUNITY EXPERIENCES

UAB Preventive Medicine Healthy Happy Kids	2019
UAB Minority Health Research Center Young Professionals Board	2019
Gear Up Alabama – Black Belt Fridays - Mentor	2019
Birmingham, AL Take Your Child to the Doctor Day	2018
Church of the Highlands Member/Dream Team Serve Team- Birmingham, AL	2014- present
M-Power Ministries	2015
UAB Alternative Spring Break “Immigrant Immersion”	2012

AWARDS

2019 UAB Graduate School’s Three Minute Thesis Finalist
2019 UAB Nutrition and Obesity Research Center (NORC) Pre-Doctoral T32 Recipient
2019 Jarman F. Lowder Endowed Scholarship in Nursing Recipient
2019 Alabama Nurses Foundation Academic Scholarship Recipient
UAB Center for Clinical and Translational Science Clinical and Translational Science Program 2018-19
UAB Graduate School Blazer Fellow
UAB Hospital Innovation Board Grant Approval
Ronald E. McNair Scholar
UAB Spring 2014 Commencement Address Speaker
UAB Who’s Who Among America’s Colleges and Universities (2012-13, 2013-14)
Sigma Theta Tau International Nursing Honor Society

MEMBERSHIPS/COMMITTEES

UAB PhD in Nursing Student Engagement Committee - 1st Year Representative
Southern Nursing Research Society – Early Career Digital Content Committee
Council for the Advancement of Nursing Science – Communications Committee, Early Career Special Interest Group
Sigma Theta Tau International Nursing Honor Society – Nu Chapter
Sleep Research Society
American Nurses Association
Alabama State Nurses Association
Black Graduate Student Association
UAB Nursing Graduate Student Association (Chair of Public Relations and Media Committee, 2015-16)

SPECIAL INTERESTS/FACTS

Sleep Quality, Pediatric Sleep, Pediatric Health Disparities
Rural Health, Community Health, and Public Health
School-Age, Adolescent, and Young Adult Health Education
Georgiana, Butler County, Alabama (Black Belt Region) native
Blogger – www.mispecs.com